



For Immediate Release

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For More Information

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Call for Nominations – 5HF Champions 4 Wellness

(Chelsea, MI) -- Do you know an individual or business who has been an inspirational role model for personal or community wellness? Do you know someone who has devoted their career or life skills to promoting wellness around them? Now is your chance to help us honor them!

5 Healthy Towns Foundation (5HF) is seeking nominations for local wellness champions to highlight in the upcoming Fall/Winter issue of *Connected*. The magazine is distributed to over 29,000 mailboxes in Chelsea, Dexter, Grass Lake, Manchester and Stockbridge. We would like to honor eleven award recipients for the good work they are doing by featuring them in our magazine!

Nominations for three different categories - detailed below - are being accepted through June 1. Go to 5healthytowns.org/nominate to complete the form. All nominations will be reviewed by the 5HF wellness coalitions, and final selections will be announced in October.

- ❖ **MOST VALUABLE PLAYER** - This award recognizes five individuals (one from each healthy town) who have worked diligently to overcome personal challenges and demonstrate their commitment as a role model for others in their community by moving more, eating better, connecting with others in healthy ways or avoiding unhealthy substances.
- ❖ **MOST VALUABLE BUSINESS** - This award recognizes five businesses, civic organizations, or cooperatives (one from each healthy town) that demonstrate their leadership in promoting wellness by the service it provides, the partnerships it creates, or its creative contributions to any of the 5HF pillars of Move More, Eat Better, Connect with Others in Healthy Ways or Avoid Unhealthy Substances.
- ❖ **LIFETIME ACHIEVEMENT** - This award recognizes one spectacular individual who has demonstrated a lifetime of achievement through engagement in a wellness lifestyle based on leadership, volunteering, and supporting personal and community wellness throughout one's career or one's lifetime.

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